Massachusetts Bay Transportation Authority

Safety Briefing

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MBTA Board of Directors Meeting

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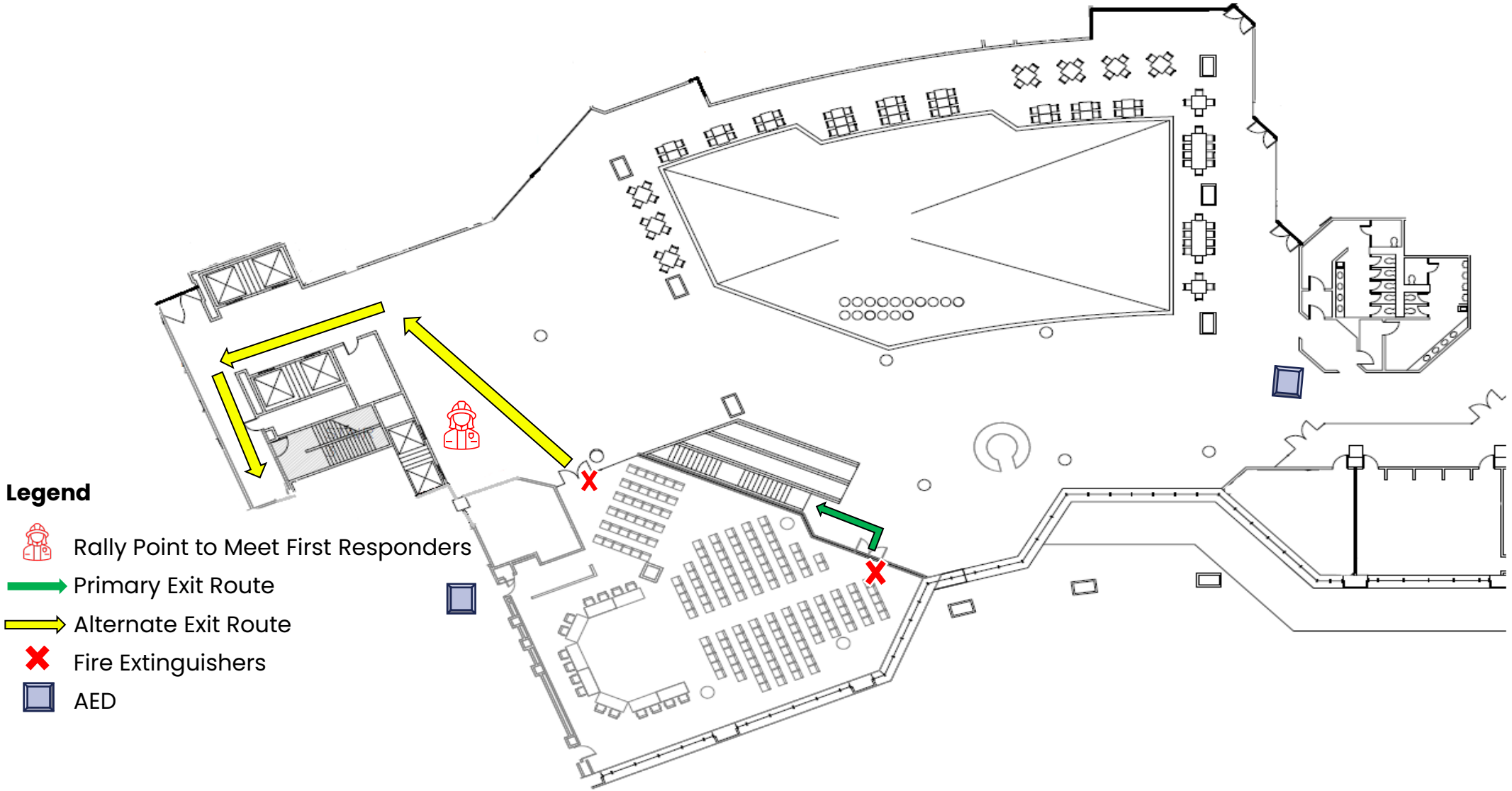
Safety Contact



What is the Flu?

- The Flu is a contagious respiratory illness caused by influenza viruses
- Seasonal influenza (flu) can be transmitted year-round but is more common in the fall and winter seasons. Infections usually peak between December and February
- Since October 1, 2024, CDC estimates that there have been 610,000-1.3 million flu hospitalizations
- The CDC classified the 2024-2025 flu season as a high-severity season for people of all ages, with the highest flu-related hospitalization rate recorded since the 2010-2011 season
- As of 5/17/2025, 40.5% of Massachusetts residents have been vaccinated against influenza

About Influenza | Influenza (Flu) | CDC
Sanofiflushots.com
Seasonal Flu - Overview | Occupational Safety and Health Administration

Flu Prevention Tips

- The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year
- Clean your hands - washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth - Germs can spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Healthy Habits to Prevent Flu | Influenza (Flu) | CDC

Thank you!